

7 TIPS FOR DISCIPLINING SENSORY MELTDOWNS AND BEHAVIORS

KNOW THE DIFFERENCE



Is it a tantrum or a meltdown? The truth is, all behavior is communication.

DIG DOWN



Look beneath the surface of your child's sensory behavior to identify what is triggering it.

ID THEIR PREFERENCES



Each child will develop a set of unique sensory preferences. Determine your child's so you can help them in the best ways.

TEACH THEM



Help your kids recognize when they are triggered or soothed by certain sensory tools or moments.

MAKE A RETREAT



Setting up a calm space or retreat away from sensory stimulation will give your kids a safe place to decompress when they most need to.

SET A PLAN



Sit down with your child - during a calm moment - to brainstorm a plan for what will best meet their sensory needs.

CREATE A TOOLKIT



Put together a kit of the most effective tools and strategies you find that help your unique child.

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7 TIPS FOR SMOOTHER TRANSITIONS

Transitions (the change between two activities) can be extremely emotional and frustrating for children, typically resulting in ugly behavior, tantrums and arguments.



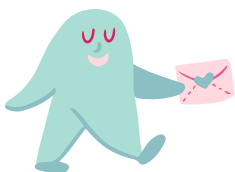
CREATE A SPECIFIC ROUTINE

Think about how much more in control you feel when your work week is the same and predictable.



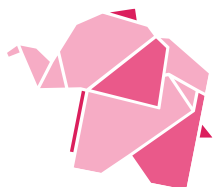
GIVE VISUAL REMINDERS

Visual schedules are simple tools to help children make sense of their activities and daily tasks in a visually represented way.



GIVE ADVANCED WARNINGS

Remember, our children are extremely visual and time is a very abstract concept. Sometimes giving a verbal warning just isn't enough for our children, which is why a visual timer works well because children can literally see the time passing.



GIVE CHILDREN SOME CONTROL

One of the best tips for successful transitions and ending power struggles is to allow your children to choose and have a say in their daily schedule. By adding in a small choice, children feel like they have some control and feel respected, which will result in less battles and more connection for the two of you.



MAKE THE TRANSITION PHYSICAL

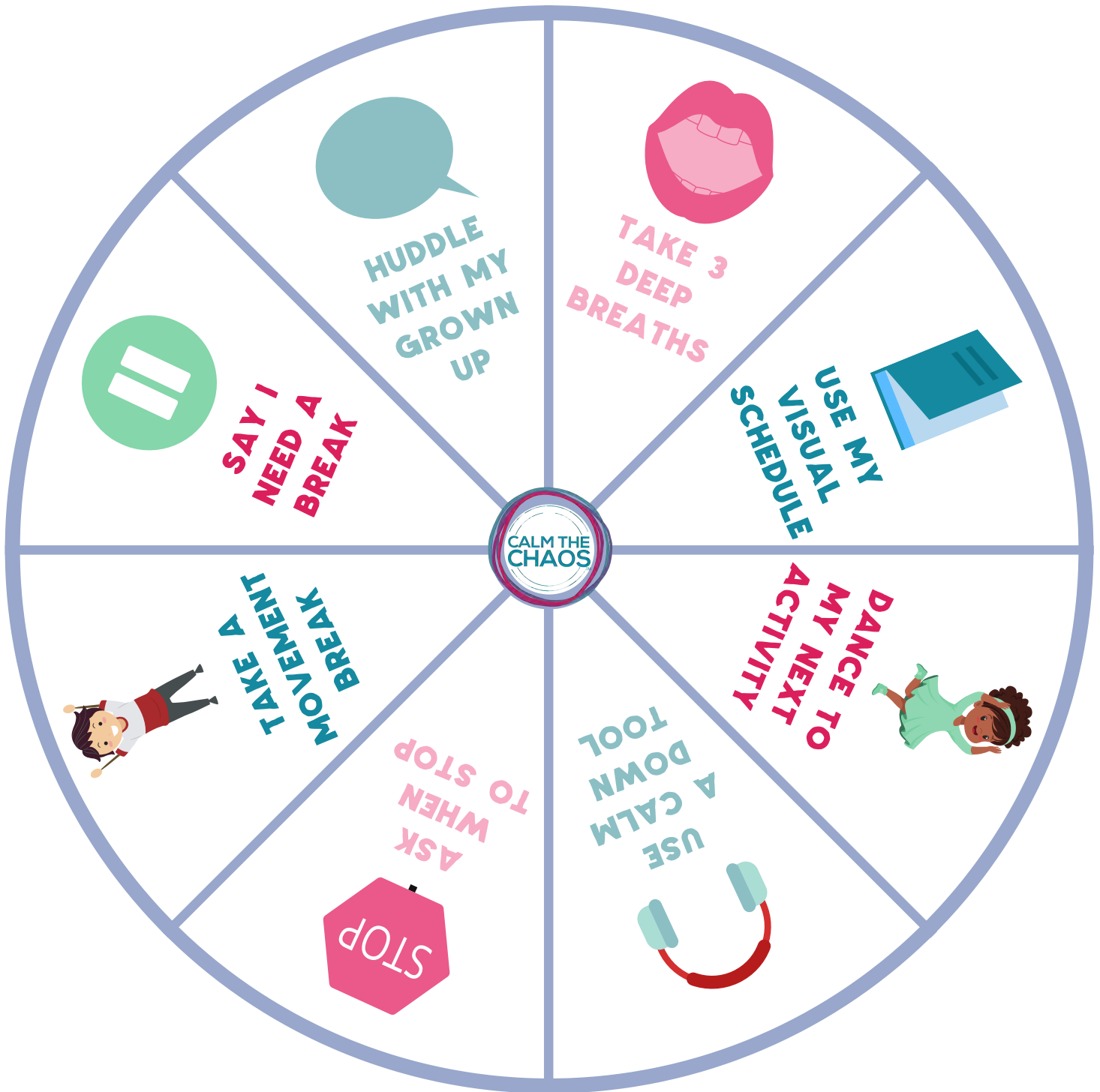
You can ease this transition by having them physically doing something to show they completed the transition. This can be moving a routine card, checking off a box, or closing a tab to indicate something on a list is finished.



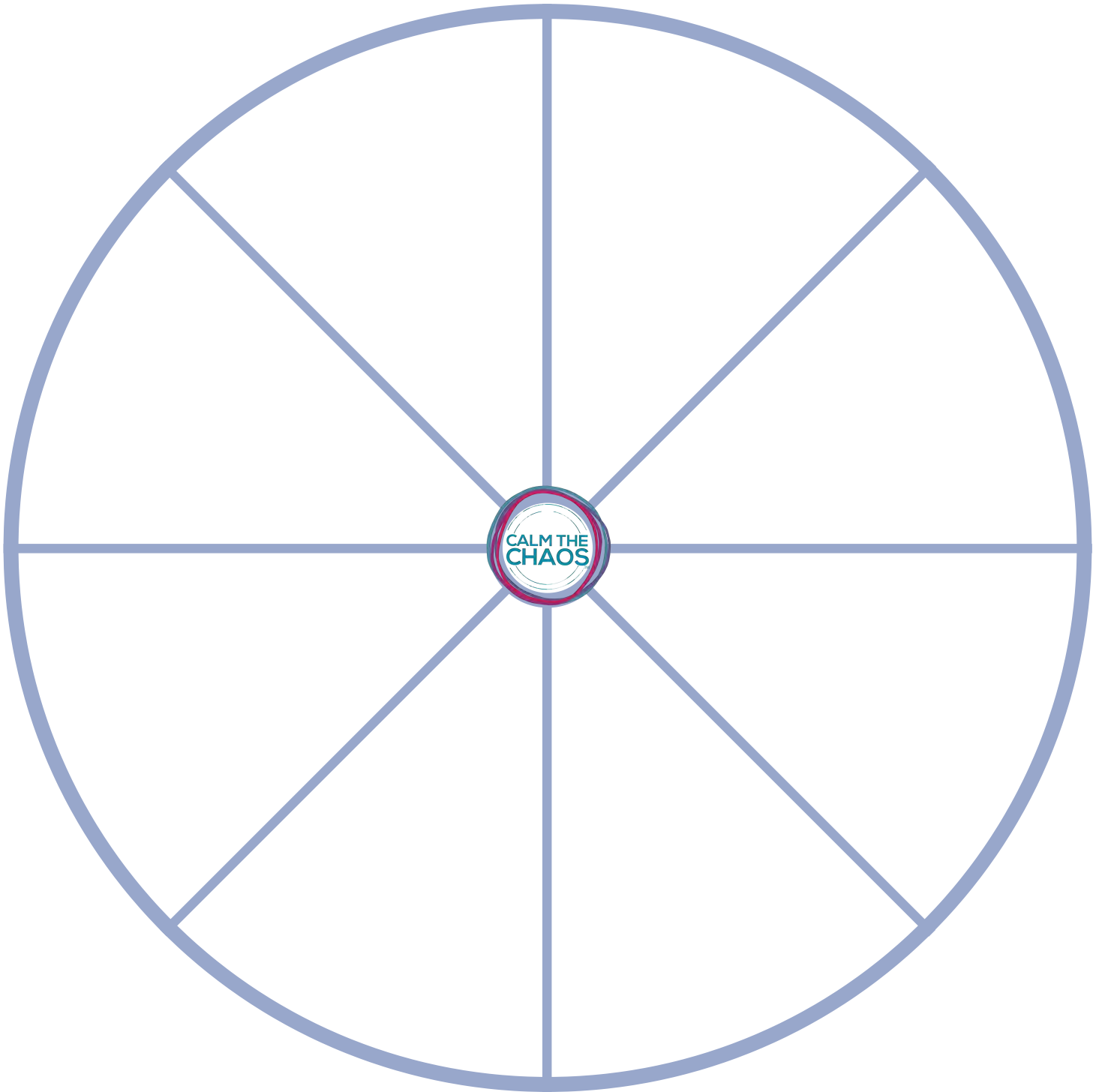
PRACTICE AND BE PATIENT

Don't expect to see a magical change overnight. You and your child will have to get used to these new expectations and routines. Don't be afraid to huddle with your child to get their input! There may be some simple tweaks to make the routine that much better.

MY TRANSITION PROBLEM SOLVER



MY TRANSITION PROBLEM SOLVER



15 SENSORY STRATEGIES FOR SUCCESSFUL HYGIENE

HAND WASHING

Foaming soap and a nail brush can help encourage kids to want to wash their hands and turn it into a fun sensory experience.



TOOTHBRUSHES

Vibrating toothbrushes can work wonders to get kids more comfortable with brushing their teeth.



DEODORANT

Let them pick out their own deodorant so they can choose the smell and type they prefer.



SHOWER OR BATH

Incorporate a daily shower or bath into the bedtime routine so it becomes a habit for your kids.

WASHCLOTHS

Give them a scrubby, loofah, or washcloth that is just theirs to use in the bath.



ORGANIZATION

Set up a special shelf or bin to keep your child's own personal hygiene items however they want them arranged.

MENSTRUATION

Buy your daughter different brands and types of menstrual products so she can find which she prefers to use.

SHOWER HYGIENE

Remind your kids to dry off completely after showering and before getting dressed to avoid a wet-skin-under-clothes situation.



SENSITIVE SCALP

Extra-soft hair brushes or even wide-toothed combs will work better than hard brushes for sensitive scalps.



CLEANSER AND SHAMPOO

Try alternatives to what they resist: shampoo bar instead of liquid shampoo, soap inside a cloth instead of plain soap, or cleansing brush instead of just hands.



ROUTINE

Make a plan with your kid - ask them to help you come up with a good washing and brushing routine that they'll want to stick with.

SHOWER PRESSURE

Experiment with the shower head - try a light-up or slower flow shower head to make showers a better experience.



TUB TOYS

Have different sensory tub toys to rotate to make baths stimulating and more of a play experience.



SHOWER ALTERNATIVES

Dry shampoos and baby wipes can fill in in a pinch if your child has a really tough time some days with a shower.

SHAVING

If they're old enough to shave, be patient and help them navigate pressure or cuts.

15

SIGNS YOUR CHILD IS EXPERIENCING SENSORY OVERLOAD



COVERING EARS



SQUINTING EYES



BLINKING



COVERING EYES



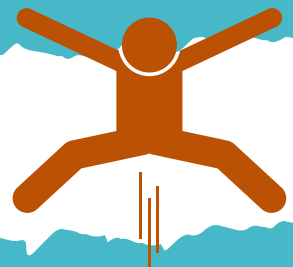
TOUCHING EVERYTHING



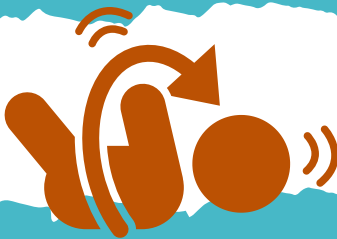
BUMPING INTO PEOPLE OR THINGS



RUNNING THROUGH THE HOUSE



JUMPING ON FURNITURE



ROLLING ON THE FLOOR



CHEWING ON EVERYTHING



COMPLAINING IT IS TOO LOUD



LOOKING AWAY FROM SPEAKER



MAKING NOISE



BANGING THINGS



SCREAMING

100 CALM DOWN TOOLS

Glitter Jars

I-Spy

Sensory Bottles

Mazes

Coloring Mandalas

Look and Find Books

Visual Schedules

Visual Timers

Hour Glass

Visual Calming Cards

Sunglasses

Spins

Jumps

Sit and Spin

Hanging Upside Down

Rolling into a Ball

Sensory Tunnels

Weighted Blankets

Resistance Bands

Weighted Vests

Body Socks

Kaleidoscope

Calming Music

Plastic Snow Globe

Finger Maze

Journal

Flashlight

Light Up Toys

Spinning Toys

Shadow Puppets

Pinwheels

Essential Oils

Scratch and Sniff

Noise Canceling Ear Muffs

Audiobooks

MP3 Players

Blowing Bubbles

Bubble Gum

Chewable Jewelry

Count to Ten

Blow out a Candle

Feather Blowing

Get a Hug

Push Against a Wall

Yoga Stretches

Drink Water

Take a Walk

Ask for a Break

Use Positive Affirmations

Drink Something Cold

Take a Bath with Epsom Salts

Rice Sensory Bins

Sand Trays

Hum a Song

Picture Your Happy Place

Defeat Thought Monsters

Belly Breaths

Square Breaths

Dragon Breaths

Star Breaths

Puffer Fish Breaths

Squish Box

Crash Pad

Squeeze a Pillow

Burrito Rolls

Joint Compressions

Play with a Pet

Push on a Wall

Turn Into a Pretzel

Look at a Photo Album

Hug a Stuffed Animal

Take a Shower

Think, Feel, Act

How do I feel Chart

Hiss Like a Snake

Sing the ABCs

Name Your Worries

Wheelbarrow Walks

Listen to a Rainstick

Suck on Ice

Brush Hair/Skin

Make Body Shapes

Bean Bag Games

Carry a Backpack

Bounce on a Ball

Build with Blocks

Do a Puzzle

Ride a Bike

Play an Instrument

Count Backwards

Drink a Smoothie

Silly Faces

Climb a Tree

Make Scented Jars

Wrap in a Blanket

Hand Fidgets

Stress Balls

Playdough

Silly Putty

Bubble Wrap



CALMING AND ALERTING

A GUIDE FOR KIDS

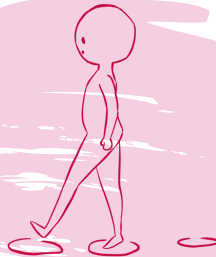
DOES THIS CALM YOU OR GIVE YOU ENERGY?

ACTIVITY	CALMS ME	ALERTS ME
SKIPPING	<input type="checkbox"/>	<input type="checkbox"/>
BOUNCING A BALL	<input type="checkbox"/>	<input type="checkbox"/>
SNUGGLING WITH A BLANKET	<input type="checkbox"/>	<input type="checkbox"/>
PLAYING ON PLAYGROUND	<input type="checkbox"/>	<input type="checkbox"/>
UPBEAT MUSIC	<input type="checkbox"/>	<input type="checkbox"/>
CRAWLING THROUGH A TUNNEL	<input type="checkbox"/>	<input type="checkbox"/>
JUMPING ON A TRAMPOLINE	<input type="checkbox"/>	<input type="checkbox"/>
LISTENING TO SOFT MUSIC	<input type="checkbox"/>	<input type="checkbox"/>
SQUEEZING SOMETHING SQUISHY	<input type="checkbox"/>	<input type="checkbox"/>
USING A FIDGET	<input type="checkbox"/>	<input type="checkbox"/>
DIMMING THE LIGHTS	<input type="checkbox"/>	<input type="checkbox"/>
DOING OBSTACLE COURSE	<input type="checkbox"/>	<input type="checkbox"/>
RIDING A BIKE	<input type="checkbox"/>	<input type="checkbox"/>
SPINNING	<input type="checkbox"/>	<input type="checkbox"/>
NOISE CANCELING HEADPHONES	<input type="checkbox"/>	<input type="checkbox"/>

SENSORY MOTOR SCAVENGER HUNT

☐

TO THROW
UP AND CATCH

☐

TO WALK ACROSS

☐

TO USE AS A DRUM

☐

TO STACK UP

☐

TO BLOW
ACROSS THE TABLE

☐

TO CRAWL UNDER

☐

TO ROLL
ON THE GROUND

☐

TO HANG FROM

☐

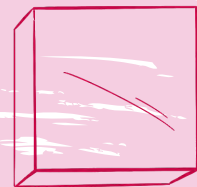
STRETCHY

☐

BUMPY

☐

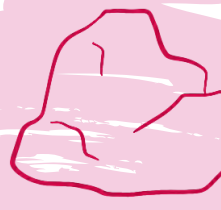
HEAVY

☐

SMOOTH

☐

SOFT

☐

HARD

100 QUICK & SIMPLE SENSORY ACTIVITIES

PROPRIOCEPTIVE SENSORY ACTIVITIES

- PLAYING ON PLAYGROUND EQUIPMENT OR SWING SET
 - CLIMB UP THE SLIDE
 - JUMP OFF THE SWINGS
 - PUSH SIBLINGS ON THE SWING
 - CLIMB THE STAIRS WITH A WEIGHTED BACKPACK
 - HANG FROM THE MONKEY BARS
- CIRCUIT TRAINING INSIDE
 - 10 WALL PUSHES
 - 10 DESK PUSH UPS
 - 10 HAND SQUEEZES
 - 10 SECOND SUPERMAN POSE
- ANIMAL WALK RACES
 - BEAR WALK
 - CRAB WALK
 - WORM CRAWL
 - WHEELBARROW WALKS
- BALANCING GAMES
- TIGHT HUGS AND SQUEEZES
- CARDBOARD BOX RACE
 - ONE CHILD IN A BOX AND ANOTHER PULLS OR PUSHES THEM DOWN THE HALL

VESTIBULAR SENSORY ACTIVITIES

- MOVEMENT MADNESS (CAN BE DONE AS A RELAY, CIRCUIT, OR STATIONS)
 - 10 JUMPING JACKS
 - 10 ARM SPINS
 - 10 CARTWHEELS
 - 10 SUMMERSAULTS
- 100 SECOND FREEZE DANCE
 - STOP THE MUSIC AT 100 SECOND INTERVALS
- 100 BOUNCES ON AN EXERCISE BALL
- UPSIDE DOWN BALL TOSS
 - BOTH CHILDREN HANG UPSIDE DOWN AND TOSS A BALL BACK AND FORTH 100 TIMES
- 100 SWINGS ON A SWING SET
- HOPSCOTCH
- ROCK AND SWING IN A HAMMOCK
- 100 SECONDS OF SPINNING

AUDITORY SENSORY ACTIVITIES

- PLAY GUESS THAT ANIMAL
 - USE 100 DIFFERENT ANIMAL SOUNDS
- LISTEN TO 100 SECONDS OF CALMING SOUNDS
- 100 SHAKES OF A MARACA
- 100 SECONDS OF SILENCE
- GUESS THAT SONG IN 100 SECONDS
- SOUNDS PATTERN REPEAT
 - CLAP, WHISTLE OR HUM SETS OF SOUNDS, CHILD REPEATS
- DESCRIBING SOUND GAME
 - NEAR OR FAR
 - SOFT OR LOUD
 - HIGH OR LOW
- 100 RHYMING WORDS

VISUAL SENSORY ACTIVITIES

- SHADOW PUPPET PLAY
 - MAKE THE NUMBERS WITH YOUR FINGERS
 - GUESS ANIMALS
 - USE 100 PIECES TO CREATE SHADOWS
- 100 ITEM HIDDEN PICTURE
- SIMPLE SENSORY BOTTLES
- PLAY HIDE AND GO SEEK
- LIGHT TABLE PLAY
 - SORT 100 SHAPES
 - BUILD WITH 100 LIGHT BLOCKS
 - LIGHT BRIGHT WITH 100 PEGS
- SENSORY BAGS FILLED WITH SIMPLE MATERIALS
- SCAVENGER HUNTS OUTSIDE IN THE BACKYARD OR AROUND THE HOUSE

ORAL SENSORY ACTIVITIES

- BLOW 100 BUBBLES
- BUBBLE GUM (BIGGEST BUBBLE AFTER 100 CHEWS)
- SAILBOAT RACES
 - BLOW SAILBOATS WITH A STRAW
- COTTON BALL TABLE FUN
 - BLOW 100 COTTON BALLS INTO A CUP
- BLOW PAINTING
 - USE A STRAW TO MOVE PAINT ON A PAPER
- 100 SECOND FEATHER GAME
 - TRY TO KEEP A FEATHER IN THE AIR FOR 100 SECONDS BY BLOWING
- CREATE 100TH DAY TRAIL MIX
 - 10 OF EACH CRUNCHY/CHEWY ITEMS
- WHISTLE FOR 100 SECONDS
- 100TH DAY MILKSHAKES
 - USE 10 PIECES OF 10 FROZEN FRUITS
 - DRINK THROUGH A STRAW
- BLOW ON A RECORDER FOR 100 SECONDS

100 QUICK & SIMPLE SENSORY ACTIVITIES CONT.

TACTILE SENSORY ACTIVITIES

- SENSORY BALL GAMES
 - ROLL FROM FINGER TIP TO FINGER TIP
 - ROLL FROM HEAD TO TOE
 - SENSORY BALL TOSS
- GUESS THAT TEXTURE
 - PUT 100 OBJECTS IN A BOX AND FEEL
- SANDPAPER NUMBERS
 - CUT #100 INTO SAND PAPER, TRACE WITH FINGERS
- HAND FIDGETS
- SHAVING CREAM FUN
- SENSORY DOUGH
 - FOAM DOUGH
 - EDIBLE PLAYDOUGH
 - SCENTED DOUGH
 - CLOUD DOUGH
- TEXTURE SCAVENGER HUNT INSIDE OR OUT
- SENSORY BINS
 - COLORED RICE
 - BEANS/LENTILS

FINE MOTOR SENSORY ACTIVITIES

- Q-TIP PAINTING
 - USE QTIPS TO MAKE 100 DOTS
- COTTON BALL SQUEEZE RELAY GAME
 - EACH PLAYER USES TWEEZERS TO PASS 10 COTTON BALLS TO THE NEXT PLAYER
- CUT THE NUMBER 100 OUT AND DECORATE WITH 100 SEQUINS
- 100TH DAY NECKLACE
 - STRING 10 BEADS OF 10 COLORS
- USE A HOLE-PUNCH TO PUNCH 100 DOTS
- TRACE THE NUMBER 100 IN SAND
- USE TOOTHPICKS AND PLAY DOUGH TO MAKE A CREATION WITH 100 TOOTHPICKS
- WRITE 100 IN SHAVING CREAM
- 100TH DAY DROPPER ART
 - USE A MEDICINE DROPPER TO DROP 100 DROPS OF LIQUID WATERCOLORS ON A COFFEE FILTER
- CLOTHESPIN NUMBER MATCH
 - PUT NUMBERS 1-100 ON CLOTHESPINS AND MATCH THEM TO A NUMBER LINE

BODY AWARENESS SENSORY ACTIVITIES

- 100TH DAY HIDE AND SEEK
 - HIDE NUMBERS IN A LARGE SPACE
- OBSTACLE COURSE
- BODY PART RELAY RACE
 - USE DIFFERENT PARTS OF THE BODY TO CARRY A BEANBAG TO THE NEXT PERSON
- SING HEAD, SHOULDERS, KNEES AND TOES
- BODY NUMBERS
 - CREATE NUMBERS BY CHANGING THEIR BODY SHAPE
- BODY WORD BUILDING
 - SPELL WORDS BY MAKING THEM WITH YOUR BODY
- SIMON SAYS
 - HAVE CHILDREN USE NUMBER CARDS TO TOUCH PARTS OF THEIR BODIES
- HOKEY POKEY
 - YOU CAN ADAPT IT TO HAVE CHILDREN PUT IN CERTAIN NUMBER OF BODY PARTS
- SENSORY BALL TOSS
- 100 PERSON LINE ESTIMATING
 - ESTIMATE THE LENGTH A 100 PERSON LINE WOULD BE
 - LINE CHILDREN UP TO MEASURE

CORE STRENGTH ACTIVITIES

- CIRCUIT TRAINING
 - 10 SIT UPS
 - 10 SQUATS
 - 10 CRUNCHES
 - 10 BICYCLE KICKS
- 100 SECOND POSES
 - SUPERMAN
 - PLANK
 - STAND ON ONE LEG
- TUMMY TIME
 - DO ANY OF THE ACTIVITIES LISTED ON YOUR STOMACH
- CRAWLING OBSTACLE COURSE
 - MAKE YOUR OWN OR USE A SWING SET
- DO PULL UPS ON THE MONKEY BARS
- SIMPLE BALANCE ACTIVITIES & YOGA

SELF-REGULATION SENSORY ACTIVITIES FOR KIDS

- FUN BREATHING
 - PUFFER FISH BREATHS
 - SQUARE BREATHS
- MONSTER FACE
 - SQUEEZE THE MUSCLES IN YOUR FACE TIGHT
- MAKE ANXIETY SQUEEZE BALL
 - PUT 100 BEANS IN A BALLOON AND TIE IT SHUT
- MAKE A CALM DOWN JAR
 - SHAKE FOR 100 SECONDS AND WATCH IT FOR 100 SECONDS
- SWING ON A HAMMOCK
- 100 DAY FLOWER BOUQUET
 - PASS OUT FLOWERS TO CHILDREN AND HAVE THEM TAKE DEEP BREATHES IN THROUGH THEIR NOSE TO SMELL, AND LET IT OUT THROUGH THEIR MOUTHS
- BLOW UP BALLOONS
- SCENT GUESS
 - USE DIFFERENT ITEMS FOR STUDENTS TO SNIFF AND GUESS THE SMELL
- COUNT BACKWARDS FROM 100

SENSORY GAMES I LIKE AND DON'T LIKE

INSTRUCTIONS

Encourage your kids to reflect on each game they tried and what they liked or didn't like about each one.

GAME I TRIED

WHAT I LIKE ABOUT IT

WHAT I DON'T LIKE ABOUT IT

HOW MY BODY FELT WHILE I PLAYED IT

HOW MY BODY FELT AFTER I PLAYED IT

DO I LIKE THIS SENSORY GAME?

YES / NO

HOW TO CREATE A SENSORY CALM DOWN SPACE

A sensory calm down space is a place you can go to when you have too many wiggles, are feeling overly excited, or when you are having trouble sitting still. Sometimes, we can even use this space when we are feeling grumpy or mad or maybe even a little bit sad. It is a special space just for you when you are needing to calm down. Check out the tips below for some super fun ideas of what you can do when designing your own sensory calm down space.



TIPS FOR CREATING YOUR SENSORY CALM DOWN SPACE:

1. Pick a safe spot together with your grown-up
2. Have a spot where you can still be close to your grown-up
3. Add pillows, blankets, or weighted blankets to the area
4. Include something you like listening to or earmuffs if you need quiet
5. Ask yourself what are things you like to hold (like a stuffie or favorite small toy)
6. Have a few movement cards available to remind you of ways to get your wiggles out.
7. Put only a few things in your area to start, then add more one at a time.
8. Have things that help you calm down safely
9. Practice using your sensory calm down space with your grown-up when you are feeling calm
10. You can use your sensory calm down space for quiet time or for movement time

HOW TO HELP YOUR CHILD REGULATE THEIR SENSORY NEEDS

EXPERIMENT TO FIND SENSORY TOOLS THAT ARE UNIQUE TO YOUR CHILD'S NEEDS

CREATE A SENSORY RETREAT FOR YOUR CHILD

INCLUDE SENSORY BREAKS AS PART OF YOUR DAY

ESTABLISH PREDICTABLE ROUTINES THAT YOUR CHILD CAN EASILY FOLLOW

BE AWARE THAT THERE ARE MORE THAN 5 SENSES

PROVIDE CHOICES FOR SENSORY INPUT OPPORTUNITIES

MAKE SENSORY ACTIVITIES FUN AND ENGAGING

CREATE A VISUAL SENSORY CHEAT SHEETS FOR YOUR CHILD

GET YOUR CHILD'S HELP FIGURING OUT WHAT SENSORY INPUT THEY NEED

HELP YOUR CHILD RECOGNIZE THEIR INTERNAL CUES AND WHEN THEY NEED A BREAK

STAY CALM, BE PATIENT, AND USE ONLY A FEW WORDS WHEN COMMUNICATING



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HOW TO RESPOND TO SENSORY BEHAVIOR

INSTEAD OF THIS

KNOCK IT OFF

STOP JUMPING
ON THE COUCH

UNCOVER YOUR
EARS AND LISTEN TO ME

WE DON'T
PLAY AT THE TABLE!

YOU ARE OLD ENOUGH
TO KNOW BETTER.

PAY ATTENTION!

CALM DOWN!

SAY THIS

I SEE YOU ARE
STRUGGLING.

I SEE THAT YOUR BODY IS
NEEDING TO MOVE. LET'S FIND
SOMETHING WE CAN JUMP ON
SAFELY.

I NOTICE IT MIGHT BE TOO LOUD
FOR YOU. LET ME TURN DOWN THE
TV/ MUSIC. I WONDER HOW ELSE I
CAN MAKE IT QUIETER FOR YOU.

I NOTICE YOU ARE NEEDING
TO MOVE WHILE YOU EAT.
I WONDER IF STANDING AT THE
TABLE WOULD HELP.

I SEE YOU ARE STRUGGLING
WITH _____. LET'S WORK
TOGETHER TO FIND A STRATEGY
TO HELP YOU.

I NOTICE YOU ARE A BIT
DISTRACTED. WOULD YOU LIKE
TO DO A MOVEMENT BREAK
FIRST?

I WONDER WHAT WE CAN USE
IN YOUR CALM DOWN TOOL KIT
TO HELP YOU FEEL CALMER.

WHAT TO SAY TO FRIENDS, FAMILY & STRANGERS THAT DON'T UNDERSTAND

WHEN OTHERS SAY THIS

IT'S JUST A PHASE

HE'LL GROW OUT OF IT.

ALL KIDS DO THAT.

SHE JUST NEEDS MORE DISCIPLINE.

BACK IN MY DAY, THAT WAS CALLED BEING A KID.

IF HE WAS MY KID...

HE IS JUST MANIPULATING YOU.

YOU CAN SAY

MY CHILD IS STRUGGLING WITH _____. THEY HAVE STRUGGLED WITH THIS FOR ____ MONTHS / YEARS.

HE WILL GROW AND CHANGE. IT IS MY GOAL TO HELP HIM LEARN TO REGULATE, BUT HE WON'T GROW OUT OF IT ON HIS OWN.

YOU ARE RIGHT. ALL KIDS HAVE SENSORY PREFERENCES. HOWEVER, IT DOESN'T KEEP ALL KIDS FROM GOING TO PUBLIC PLACES DOES IT?

WHEN WE DIG DEEPER WE LEARN WHAT IS SENSORY AND WHAT IS NOT. ONCE WE TRULY KNOW WHERE THE STRUGGLING IS COMING FROM WE CAN FIND OUT STRATEGIES AND TOOL TO EMPOWER HER.

TODAY, WE HAVE MUCH MORE RESEARCH AND KNOWLEDGE ON THE SENSORY SYSTEM TO EMPOWER ALL OF US TO FIND THE ROOT CAUSE OF THE STRUGGLE AND THE STRATEGIES AND TOOLS TO USE TO CONQUER OUR DAY.

BECAUSE HE IS MY CHILD, I HAVE CHOSEN TO EDUCATE MYSELF ON HOW HIS SENSORY SYSTEM AFFECTS HIM THROUGHOUT THE PARTS OF HIS DAY.

THERE ARE ROOT CAUSES TO HIS STRUGGLE. WHETHER IT IS A LOUD NOISE OR THE SEAM OF HIS SOCK THAT IS BOTHERING HIM, THEY ARE REAL STRUGGLES THAT DISRUPT HIS DAY AND OFTEN MAKE HIM FEEL UNSAFE.

HOW TO RESPOND AFTER A MELTDOWN



VALIDATE FEELINGS

"It's really frustrating when we make a mistake"



GET CURIOUS

"I wonder what feels hard about this"



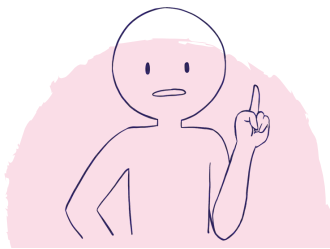
DIG DEEPER

"I'm curious why _____ feels hard."



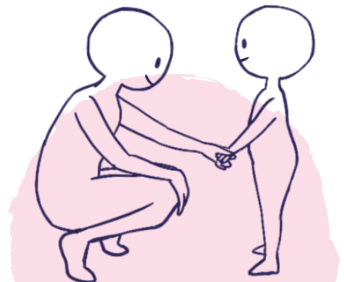
GIVE SPACE FOR CHILD'S INPUT

"I wonder how you might want to solve this."



ASK FURTHERING QUESTIONS

"I wonder what would happen if _____."



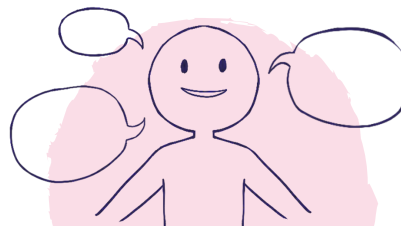
PLAN TOGETHER

"I hear you want to _____. Let's find ways together to find our next step."



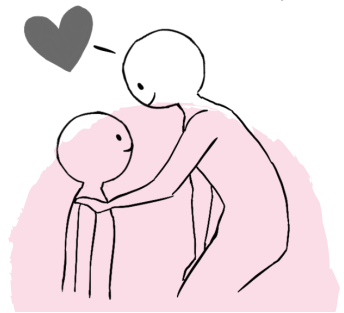
EMPOWER

"I am excited for you to try _____. I am here to support you."



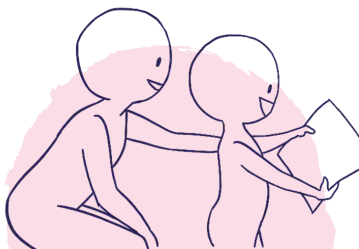
DEBRIEF PART 1

"You were so brave to try _____. I'm curious if you noticed anything that worked or didn't work."



DEBRIEF PART 2

"I noticed _____. I'm curious what you thought about _____."



TWEAK TOGETHER

"I'm curious if you think we should change anything in your plan."

WHEN I HAVE A MELTDOWN...

INSTEAD OF THIS...

SAY THAT



I AM NOT
GOOD ENOUGH

I AM BRAVE
AND AM TRYING
SOMETHING NEW.

I HATE GOING
TO _____.

I CAN TALK WITH MY
GROWN-UP ABOUT MY
FEELINGS.

IT IS TOO HARD.

I CAN GO
AT MY OWN PACE.

I GIVE UP.

I CAN USE MY
STRATEGIES WHEN I
GET FRUSTRATED.

I AM A CRY BABY.

I CAN FEEL MY FEELINGS
AND USE MY CALM DOWN
STRATEGIES WHEN I FEEL
OVERWHELMED.

I CAN LEARN FROM MY MELTDOWNS

WHEN I HAVE A MELTDOWN

I LOOK LIKE...



I SAY...



I FEEL...



WHAT IS HARD FOR ME?



WHAT ABOUT THIS IS HARD?



I CAN...



INSTRUCTIONS:

- COLOR THE ALWAYS AND NEVER BEAST THOUGHT MONSTER
- TRACE ALONG THE JOURNEY TO FIND FACT FINDER FREDDY
- COLOR FACT FINDER FREDDY



DO YOU FEEL
LIKE YOU ARE ALWAYS
HAVING MELTDOWNS?



LET'S ASK
OURSELVES WHAT'S
THE DIFFERENCE WHEN
WE DON'T HAVE A
MELTDOWN.

I LIKE TO

LOOK AT

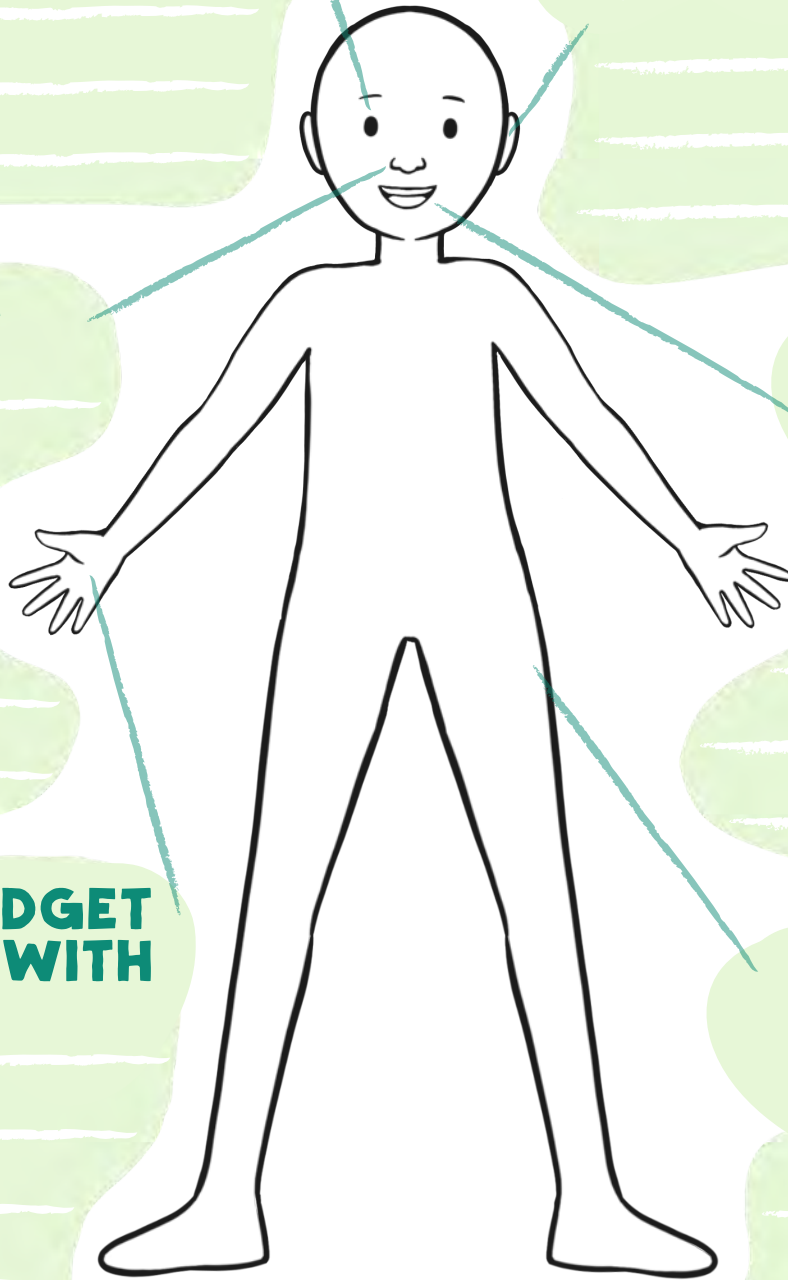
LISTEN TO

SMELL

TASTE

FIDGET WITH

**MOVE MY
BODY LIKE**



I DO NOT LIKE TO

LOOK AT

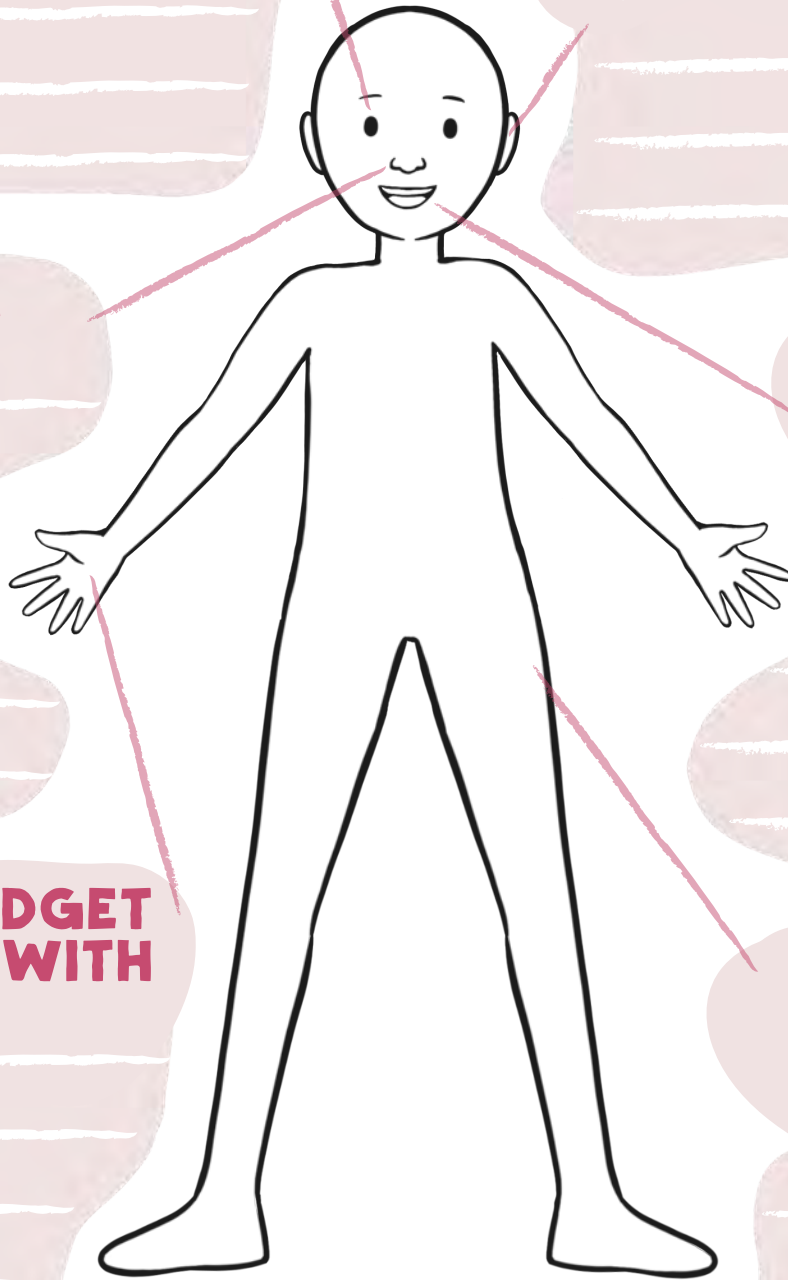
LISTEN TO

SMELL

TASTE

FIDGET WITH

MOVE MY BODY LIKE





MYTHS ABOUT SENSORY



WHAT ITS NOT

**SENSORY IS
JUST MESSY PLAY**

**SENSORY IS ONLY FOR
PRESCHOOL AGE KIDS**

**THERE ARE
ONLY 5 SENSES**

**SENSORY DIETS
ARE ALL THE SAME**

**KIDS WILL GROW OUT
OF SENSORY STRUGGLES**

**KIDS WITH SENSORY
STRUGGLES JUST NEED
MORE DISCIPLINE**

**IGNORING SENSORY
STRUGGLES WILL MAKE
THEM GO AWAY**

**SENSORY IS
JUST FOR THOSE WITH
DISABILITIES**

WHAT IT IS

**SENSORY IS ANYTHING RELATING TO YOUR
MULTIPLE SENSES**

**HUMANS OF ALL AGES HAVE SENSORY
PREFERENCES AND DISLIKES**

**THERE ARE 9 CONFIRMED SENSES THAT
EXPERTS USE. SOME SAY THERE ARE UP TO
21 SENSES THAT AFFECT OUR BODIES**

**SENSORY DIETS ARE TAILORED TO
EACH INDIVIDUAL. SOME MAY LOVE LOUD
NOISES, OTHERS MAY PREFER SILENCE**

**SENSORY STRUGGLES CAN CHANGE
WITH EXPERIENCES, BUT EVEN ADULTS CAN
HAVE SENSORY CHALLENGES**

**KIDS WHO EXPERIENCE SENSORY STRUGGLES
OFTEN FEEL UNSAFE. KNOWING THE RIGHT SENSORY
STRATEGIES CAN MAKE ALL THE DIFFERENCE**

**DIGGING DEEPER INTO WHAT YOUR CHILD IS
STRUGGLING WITH CAN HELP YOU LEARN STRATEGIES
TO EMPOWER YOUR CHILD DURING A STRUGGLE**

**ANYONE AND EVERYONE CAN HAVE SENSORY
PREFERENCES AND SENSORY STRUGGLES
REGARDLESS OF ADDITIONAL DIAGNOSIS**



WAIT UNTIL YOUR CHILD IS READY

Children with sensory challenges will often be ready for potty training later than their typically developing peers.



GET POTTY TRAINING BOOKS

Read about going potty and successful potty trips way before they actually sat on a toilet. Maybe you will even look at potty books in the bathroom!



OFFER CHOICES

Choices such as which potty to sit on, how long they want to sit, and whether they want their grown-up to stay or have privacy can make your child feel empowered and more in control of their body.

5 SENSORY FRIENDLY POTTY TRAINING TIPS

GIVE SPACE TO EXPLORE THE POTTY

Allow your child to open and close the lid, take a look at the potty, and maybe even flush the toilet before ever sitting on the potty. Let them lead in the exploration at their own pace!

HAVE CALM DOWN TOOLS READY

Going potty can be really overwhelming for kids who struggle with sensory input. You could offer either their favorite fidgets or calm down jar or have special ones that are only for bathroom time.

MY GOING POTTY TOOLKIT

Before you jump into potty training, huddle with your child about things that may help. Have them circle the things that help and draw their own ideas in the blank spaces!

WHAT DO I NEED?



**WATER
BOTTLE?**



BOOK?



**NOISE
CANCELLING
HEADPHONES?**



MY GROWNUP?

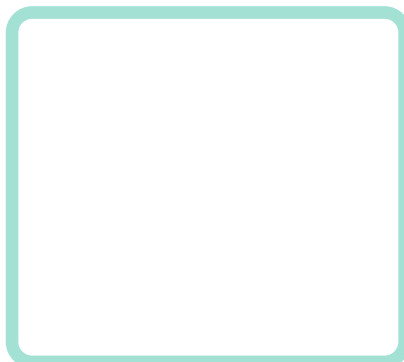


**CALMING
TOOL?**



UNDERWEAR?







ALL ABOUT ME

I AM UNIQUE
BECAUSE...

MY STRENGTHS ARE...

SENSORY TOOLS I LIKE
TO USE ARE...

I AM TRIGGERED BY...

WAYS YOU CAN HELP
ME ARE...

TYPES OF BREAKS
THAT HELP ME ARE...

THINGS THAT HELP
CALM ME ARE...

MY FAVORITE THINGS
ABOUT SCHOOL ARE...



ALL ABOUT MY CHILD'S SENSORY NEEDS

MY CHILD'S STRUGGLES ARE...

MY CHILD'S STRENGTHS ARE...

MY CHILD BENEFITS FROM THESE TOOLS...

WAYS TO PREVENT MY CHILD FROM SENSORY TRIGGERS ARE...

WHEN MY CHILD IS TRIGGERED IT LOOKS LIKE...

WHEN MY CHILD IS TRIGGERED, IT HELPS TO...

MY CHILD REALLY LIKES WHEN THEIR TEACHER...



WE APPRECIATE ALL YOU DO FOR OUR CHILD AT SCHOOL! THANK YOU FOR BEING A PART OF OUR TEAM!

HOW TO EMPOWER STUDENTS WHO STRUGGLE WITH SENSORY INPUT

**INCLUDE
STUDENTS
IN MAKING
DECISIONS**

**HELP STUDENTS
RECOGNIZE THEIR
STRENGTHS AND
STRUGGLES**

**EMPOWER
STUDENTS TO
ADVOCATE FOR
THEMSELVES**

**TEACH KIDS
TO RECOGNIZE
THEIR SENSORY
LIKES AND
DISLIKES WITHIN
CLASSROOM**

**ENCOURAGE
STUDENTS TO
SHARE THEIR
THOUGHTS AND
FEELINGS**

**DEVELOP A
PLAN WITH
STUDENTS ON
WHEN BREAKS
ARE NEEDED.**

**GET STUDENTS
FEEDBACK ON
WHAT IS AND
ISN'T WORKING.**

HOME TO SCHOOL COMMUNICATION LOG

Dear

Thank you so much for the communication throughout my child's school day. We appreciate knowing the wins and struggles throughout the day so we can better support our child here at home.

Sincerely,

WHAT GREAT THINGS HAPPENED IN MY CHILD'S DAY TODAY?

DID ANYTHING SEEM TO HELP MAKE THESE GREAT MOMENTS HAPPEN?

WAS THERE ANYTHING THAT SEEMED TO TRIGGER MY CHILD TODAY?

WERE THERE TOOLS OR STRATEGIES THAT HELPED ONCE TRIGGERED?

ANYTHING ELSE I SHOULD KNOW?

15 SENSORY STRATEGIES FOR GETTING DRESSED

TRY SOME PRESSURE: HUGS, MASSAGE, OR GENTLE ARM AND LEG SQUEEZES CAN HELP DESENSITIZE THEM TO SOME UNCOMFORTABLE CLOTHING SENSATIONS

OPT FOR EASY OPENERS LIKE VELCRO OVER BUTTONS OR ZIPPERS

USE FRAGRANCE-FREE LAUNDRY DETERGENT. FRAGRANCE CAN IRRITATE SENSITIVE SKIN

ASK YOUR CHILD TO TELL YOU THEIR SPECIFIC CLOTHING LIKES AND DISLIKES

CHOOSE SOCKS CAREFULLY SO THEY DON'T BUNCH OR SLIP

STEER AWAY FROM CLOTHING THAT BUNCHES UP, OPTING FOR SMOOTHER, CLOSER-FITTING ITEMS

LAYERING OR HEAVIER CLOTHING CAN FEEL GOOD TO SOME KIDS WITH SENSORY ISSUES

REMOVE THE TAGS OR BUY TAGLESS CLOTHING

TRY TO TURN GETTING DRESSED INTO A GAME OR SPECIAL MISSION FOR CHILD TO MAKE IT MORE FUN

AVOID STIFF CLOTHING LIKE SOME BRAND NEW JEANS CAN FEEL

LEAVE EXTRA TIME TO GET DRESSED

BUY THE SOFTEST, TAGLESS UNDERWEAR

DON'T FORCE THE ISSUE - GO FOR A COMFORTABLE KID OVER A PERFECTLY-DRESSED, MISERABLE KID

TRY SECOND-HAND CLOTHES OR HAND-ME-DOWNS FOR WELL-WASHED SOFTNESS

FEEL FOR UNCOMFORTABLE SEAMS BEFORE BUYING CLOTHES

MY CLOTHING LIKES AND DISLIKES

ANSWER EACH QUESTION WITH EITHER
LIKE, **INDIFFERENT**, OR **DISLIKE**



Cotton short sleeve shirts.....

☐
☐
☐

Dry fit short sleeve shirts.....

☐
☐
☐

Cotton long sleeve shirts.....

☐
☐
☐

Compression shirts.....

☐
☐
☐

Shirts with collars.....

☐
☐
☐

Shirts with buttons.....

☐
☐
☐

Athletic shorts.....

☐
☐
☐

Jean shorts.....

☐
☐
☐

Leggings.....

☐
☐
☐

Jeans.....

☐
☐
☐

Elastic pants.....

☐
☐
☐

Cotton underwear.....

☐
☐
☐

Shirts with characters.....

☐
☐
☐

Bright colored clothes.....

☐
☐
☐

Plain colored clothes.....

☐
☐
☐

Tight fitting clothes.....

☐
☐
☐

Loose fitting clothes.....

☐
☐
☐

Seamless socks.....

☐
☐
☐

Socks with a seam.....

☐
☐
☐

Tennis Shoes with laces.....

☐
☐
☐

Velcro shoes.....

☐
☐
☐

Flip flops.....

☐
☐
☐

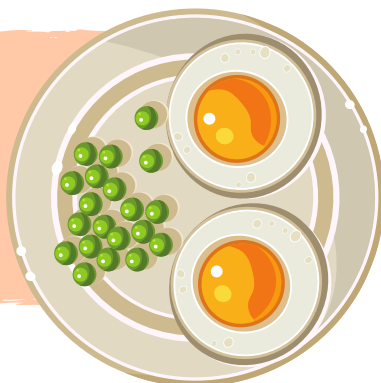
Slip on shoes.....

☐
☐
☐


7

SENSORY STRATEGIES FOR PICKY EATERS

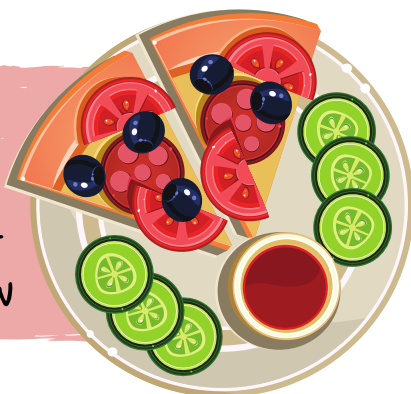
HAVE NEW FOODS OUT FOR THEM TO TRY WHEN READY



PRESSURING THEM TO EAT CAN MAKE IT WORSE



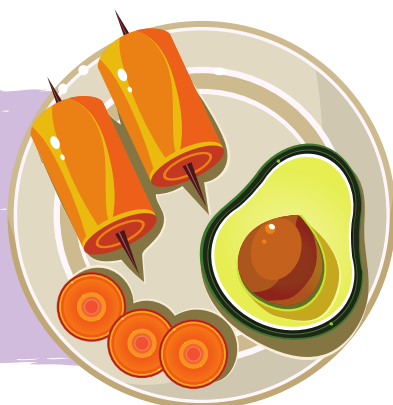
ENCOURAGE THEM TO LICK A NEW FOOD IF THEY AREN'T READY TO CHEW



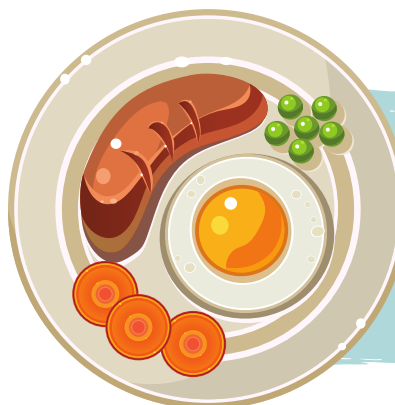
GIVE THEM SPECIAL FORKS, PICKS, OR STICKS TO EAT FOOD FROM



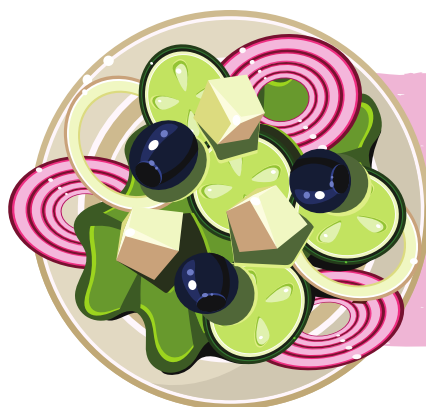
LET THEM PLAY WITH FOOD BEFORE EATING



INVITE THEM TO PREPARE THE FOOD WITH YOU



EXPERIMENT WITH HOW FOOD IS PREPARED AND OFFERED



ACTIVITIES TO ENCOURAGE PICKY EATERS TO TRY NEW FOODS

CUT IT

Try cutting your food into smaller pieces or shapes to make it more fun to eat

FOOD PLAY TIME

Pretend your food pieces are trying to escape from your evil mouth monster

MIX IT

Try to dip a food you love into a food you aren't sure about yet to give it a try.

EAT WITH YOUR HANDS

Pick up your food with your fingers and feel it before you put it in your mouth

TEENY BITES CHALLENGE

Try to eat the smallest bites you can of new foods, but you have to eat 5 of each

FOOD ART

Make your food into a beautiful masterpiece on the plate before eating it

BE A FOOD SCIENTIST

Arrange your food on the plate or a tray and take notes on textures, temperature, taste of each bite

JUMP INTO IT

10 jumping jacks, marching in place, or swinging before you eat can get your body warmed up to get you ready to eat

TEST YOURSELF

See if you think up with 5 new foods to try that are close in texture or color to foods you already love

MAKE IT

Ask to help get the food ready so you can help decide how much - and what kinds of foods you want to eat

MY MEAL TIME LIKES & DISLIKES

ANSWER EACH QUESTION WITH EITHER
LIKE, **INDIFFERENT**, OR **DISLIKE**



When I am asked to try a new food.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crunchy foods.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft foods.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The feel of a fork in my mouth.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music playing when I'm eating.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The sound of chewing.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold food.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Warm food.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The smell of food cooking.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The sounds of foods being prepared.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slurping soup.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chewy food.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spicy food.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hard Candy.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colorful food.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My foods on the same plate together.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Melted cheese.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ice.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using straws.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



SENSORY STRATEGIES FOR THE CLASSROOM

**DIM
LIGHTS**

**VARIETY OF
SEATING
OPTIONS**

**MINIMAL
WALL
DECOR**

**MOVEMENT
BREAKS
THROUGHOUT
THE DAY**

**FIDGETS
AVAILABLE**

**CALMING
SPOT
WITHIN THE
CLASSROOM**

**VISUAL CLUTTER
TO A MINIMUM**

**NOISE
REDUCTION
HEADPHONES
AVAILABLE**

**NEUTRAL
COLORS
WITHIN THE
ROOM**

**VISUALS FOR
TRANSITIONS
THROUGHOUT
THE DAY**